



Contact a **Social Prescribing Team Member** at  
BPRCVS

**01282 433740** or email  
**[socialprescribing@bprcvs.co.uk](mailto:socialprescribing@bprcvs.co.uk)**

For more information about the  
Social Prescribing Team visit **[www.bprcvs.co.uk](http://www.bprcvs.co.uk)**

**Referral forms & more information is available on  
the website**



**Support  
from  
Your  
Community  
in  
your  
community**



# IMPROVE YOUR HEALTH & WELLBEING BY CONNECTING WITH YOUR COMMUNITY



*Do you feel that you would benefit from some support to connect with your community?*

We can help you to compliment your care by supporting you to connect with your local community.

This could include anything from physical activity, sit and chat social groups, education, counselling, complimentary therapies to where you can access specialist advice.

## How will you be supported?



**Accompany you to activities until you're confident to go it alone**

**Offer information about local activities and interest groups**



**Match you with a volunteer who will go along to activities**

**Give you information on local services including debt advice, benefits advice & financial support if you need it**



**Help you to find transport for appointments & activities**



## What are the Social Prescribing Team?



**SP Team Members are volunteers from your community**

**SP Team Members are caring & compassionate people**



**SP Team Members will have a positive impact on your health & wellbeing**

**The SP Team is managed by your local CVS**



## Frequently asked questions

How can I access the service?

**Refer yourself, family & friends can refer you, any organisation: GPs, community groups, etc can refer you into the service**

How long can I expect to wait?

**On average it takes 10 working days**

How long can I receive support for?

**No set time limits. Length of support is discussed with you & agreed with you**

Is there a charge for the service?

**No, it is 100% free of charge**

Do the SP Team provide a counselling service?

**No, although they can give you details on professional services to help you**

Are SP Team Members medically trained?

**No, they are purely there to connect you with community activities**

**Start Connecting!**